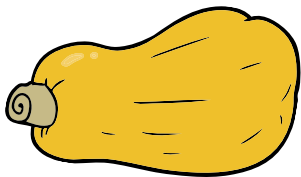


# Harvest of the Month

## DECEMBER | BUTTERNUT SQUASH

### HEALTH BENEFITS

- VITAMIN A
- VITAMIN C
- VITAMIN E
- DIETARY FIBER
- ANTIOXIDANTS



### HEALTHY SERVING IDEAS

Cutting squash can be tricky because of the hard skin. Pierce the squash a few times with a fork or knife and microwave for 3-4 minutes. Be careful – it will be hot! From here, you can more easily cut the squash with a knife or peel it with a vegetable peeler.

Roast squash cubed or halved. Drizzle with olive oil, salt and pepper and place in a 400\* F oven for 20-30 minutes or until fork tender. Be sure to toss or flip half way.

Blend up into a warming squash soup. Top with croutons or try roasted chickpeas and a dollop of plain Greek yogurt!

The seeds in butternut squash can be roasted for a snack or to top soups and salads.

### SHOPPING & STORAGE TIPS

Look for a solid tan color, free from any deep cuts or bruises. Some surface scratching is normal.

Butternut squash can be stored in a cool, dark part of your kitchen for several weeks to months. It does not need to be refrigerated.

Some grocery stores sell pre-cut butternut squash in the freezer or fresh produce sections.

LIVE WELL



WAUKESHA COUNTY

HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS, WORKPLACES, AND GROCERY STORES. THE PROGRAM EXPANDS ACROSS WAUKESHA, WASHINGTON & OZAUKEE COUNTIES TO HELP CHILDREN, CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING.



LEARN MORE AT  
[WWW.WAUKESHACOUNTY.GOV/LIVEWELL](http://WWW.WAUKESHACOUNTY.GOV/LIVEWELL)



# BUTTERNUT SQUASH & TURKEY CHILI

## INGREDIENTS

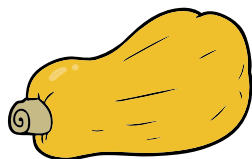
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 pound ground turkey breast
- 1 pound butternut squash - peeled, seeded and cut into 1-inch dice
- ½ cup chicken broth
- 1 (4.5 ounce) can chopped green chilies
- 2 (14.5 ounce) cans petite diced tomatoes
- 1 (15 ounce) can kidney beans with liquid
- 1 (15.5 ounce) can white hominy, drained
- 1 (8 ounce) can tomato sauce
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 teaspoon garlic salt



1. Heat the olive oil in a large pot over medium heat. Stir in the onion and garlic; cook and stir for 3 minutes, then add the turkey, and stir until crumbly and no longer pink.

2. Add the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce; season with chili powder, cumin, and garlic salt. Bring to a simmer, then reduce heat to medium-low, cover, and simmer until the squash is tender, about 20 minutes.

FOR MORE INFORMATION VISIT  
[WAUKESHACOUNTY.GOV/LIVEWELL](http://WAUKESHACOUNTY.GOV/LIVEWELL)



# BUTTERNUT SQUASH SOUP

## INGREDIENTS

- 2 cups vegetable stock
- 4 cloves garlic, peeled and minced
- 1 carrot, peeled and roughly chopped
- 1 Granny Smith apple, cored and chopped
- 1 medium (about 3–4 lbs) butternut squash, peeled, seeded and diced
- 1 white onion, peeled and roughly chopped
- 1 sprig fresh sage
- ½ teaspoon salt
- ¼ teaspoon freshly-ground black pepper
- ⅛ teaspoon cayenne
- pinch of ground cinnamon and nutmeg
- ½ cup canned (unsweetened) coconut milk

1. Add vegetable stock, garlic, carrot, apple, butternut squash, sage, onion, salt, pepper, cayenne, cinnamon and nutmeg to a small (4-quart) slow cooker or large (6-quart) slow cooker. Toss to combine.

2. Cook for 6-8 hours on low, or 3-4 hours on high, or until the squash is completely tender and mashes easily with a fork. Remove and discard the sage. Stir in the coconut milk.

3. Use an immersion blender to puree the soup until smooth. (Or you can transfer the soup in two batches into a traditional blender and puree until smooth, being extremely careful not to fill the blender too full with a hot liquid.) Taste, and season with additional salt and pepper as needed.

4. Serve warm, topped with your desired garnishes.

